



























FitnessWorks Group Fitness Schedule ~ AUGUST 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EARLY AM	Ped 'N Shred 5:45 AM Laura L.	~~~~	 5:45 AM Rotation	 6:15 AM (30 min) Hailey	 6:00 AM Rotation	~~~~	~~~~
8:15 AM	 Sandi	Pilates Kristina	BARRE Kristina	Pilates Kristina	 Sandi	 Rotation	~~~~
9:30 AM	 Debbie	 Danielle	 Danielle	 Debbie & Danielle	 Christine	 (30 min) Rotation	9:15 AM Tai Chi 24-Form Jodie
10:45 AM	Core & More Laura L.	 ★ Jana	 Sandi & Debbie	BARRE Christine	 (30 min) Debbie	~~~~	10:30 AM Yoga  Richard
12:15 PM	<i>Senior Works</i> Sandi	12:00 PM Tai Chi 10-Form Xiaoping	<i>Senior Works</i> Sandi	~~~~	<i>Senior Works</i> Sandi	~~~~	~~~~
1:45 PM	Gentle Yoga Laura C. 	~~~~	Gentle Yoga Richard 	~~~~	Gentle Yoga Laura C. 	~~~~	~~~~
LATE DAY	~~~~	4:00 PM Pilates Kristina	4:30 PM Circuit Challenge Arian (45 min)	3:45 PM Pilates Kristina	4:15 PM Yoga  Richard	 Hours of Operation Mon - Fri 5:30 AM - 10 PM Saturday 7:45 AM - 7 PM Sunday 9 AM - 6 PM	
5:15 PM	 5:30 PM Hailey (30 min)	 Dani	~~~~	 Dani	~~~~		
6:15 PM	 Hailey	~~~~	 Christine	Vinyasa Yoga 6:30 PM in the LOFT Seanna	~~~~		

SPINNING STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 AM	~~~~	Jana (45 min)	~~~~	Hailey (30 min)	Libby (30 min)	~~~~	~~~~
8:30 AM	Mike	Laura L.	Sandi	Laura L.	Tess	8:15 AM Laura L.	9:15 AM Tiffany
LATE DAY	4:45 PM Hailey (30 min)	~~~~	5:30 PM Emma	~~~~	~~~~	~~~~	~~~~

Please see REVERSE SIDE for class sign-up information and descriptions. 

Revised on August 15th

★ *Change in schedule*

KidWorks

By Appointment Only

Call (805) 772-7466, ext. 214

May close early if no appointments are scheduled.

Monday - Friday

8:15am - 12:00pm

3:45pm - 7:30pm

Saturday

8:00am-12:00pm

Sunday

Closed

KidWorks Pricing

\$4.50 per session (up to 2 hours)

OR...

KidWorks Package

\$80 for 20 Sessions (save \$10)

Group Fitness Manager: Danielle Frisco ~ Email: D.Frisco@FitnessWorksMB.com

www.FitnessWorksMB.com

(805) 772-7466